

Palmers Green & Southgate LIFE

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The Yacht Pond, Broomfield Park c1960
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The restoration of the Model Boating Pond in Broomfield Park



INSTANT ONLINE
PROPERTY
VALUATION

Anthony  Webb
ESTATE AGENTS

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Welcome

In our historical feature on the Boating Pond in Broomfield Park you will spot a picture taken in 1937, the day of the coronation of George VI and his wife, Elizabeth, as King and Queen. Fast forward 85 years and this May sees the coronation of His Majesty the King. It's a fabulous opportunity to witness a historic moment that combines history, tradition, symbolism, and celebration. Enfield are also pushing the boat out (excuse the pun) to celebrate the coronation between Saturday 6 and Monday 8 May 2023. Local town centres will be decorated with vibrant bunting and residents will be invited to celebrate this incredible once-in-a-lifetime event. To find out what's happening near you, visit their website: enfield.gov.uk/services/your-council/kings-coronation-celebrations-2023.

Property Market Update

If you are considering moving this year, Spring is a popular time to put your home on the market for the following reasons:

- 1. Better weather:** The brighter weather makes it easier to showcase properties in their best light, both inside and outside and the longer daylight hours also allow for more flexibility when scheduling viewings.
- 2. Timing for families:** Spring is an ideal time for families with children to move, as it allows them to complete the transaction and settle into their new home before the start of the next school year.
- 3. Increased demand:** Many buyers also prefer to start their property search in the Spring, which can lead to increased demand and potentially higher sale prices.

If you are at the start of your moving journey we recommend you get a free property valuation. You can use an instant online valuation tool but nothing beats chatting to an expert. Our team regularly top the charts for the most chosen estate agent in this area. We are committed to offering free and honest advice to help sellers navigate, what will probably be one of the biggest financial decisions they will make.

Contact our friendly team on 020 8882 7888 if we can help you this Spring.

Have an egg-cellent Easter!

Tony

Director, Anthony Webb Estate Agents



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Tony Ourris
Director
tonyourris@anthonywebb.co.uk



Martin McKelvey
Office Manager
martin@anthonywebb.co.uk



Jack Leen
Sales and Lettings Negotiator
jack@anthonywebb.co.uk



James Dionysiou
Head of Property Management
james@anthonywebb.co.uk



Angelina Trase
Property Manager
angelina@anthonywebb.co.uk



Ellie Sales
Marketing Officer
ellie@anthonywebb.co.uk

Anthony Webb
ESTATE AGENTS



Claudia Sidoli
Senior Sales and Lettings Negotiator
claudia@anthonywebb.co.uk



Sophie DelikanW
Prospecting Associate
sophie@anthonywebb.co.uk



Aneta Gorka
Property Manager
aneta@anthonywebb.co.uk



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For Sale £525,000



Meadowcroft Road, Palmers Green N13

A stunning two double bedroom converted garden flat occupying the entire ground floor of this Edwardian property with over 900sq ft of bright and well appointed living space.

2 1 1



For Sale £570,000



Coniscliffe Road, Palmers Green N13

A beautifully presented extended 1930s built three bedroom house with an open plan living/dining area, study/play room, modern extended kitchen/diner, modern bathroom, double garage and garden to rear.

3 2 1



For Sale £475,000



Conway Road, Southgate N14

A stunning Edwardian chain free one bedroom, two reception ground floor garden flat in the Lakes Estate conservation area. The property has the potential to be easily converted into a two bedroom flat subject to usual consents.

1 2 1



For Sale £650,000



Crestbrook Avenue, Palmers Green N13

Chain free extended three bedroom family home requiring modernisation in a popular residential turning on the borders of Palmers Green and Winchmore Hill.

3 2 2

If you're thinking about moving or renting your home and would like a current valuation please contact our team on **020 8882 7888**



Restoration of the Model Boating Pond in Broomfield Park by Kim Lumley

Great news! Observant members of our park community may have noticed blue and red markings on the ground in Broomfield Park in recent weeks.



©Enfield Local Studies Library and Archive, c1920

Thanks to an initiative between the Friends of Broomfield Park and Enfield Council, supported by Cllr. Doug Taylor and Cllr. Chris James, and funding from the council, preparatory works are taking place for the long overdue restoration of the model boating pond.

The model boating pond has been a much-loved feature of Broomfield Park since it was built in 1903. From the Coronation Gates on Aldermans Hill it creates a welcoming entrance leading down to the Baroque Lakes, Walled Gardens, and the ruins of Broomfield House. The pond draws people in to walk around and sit by or participate in boating activities.

The park is recognised to have a rare asset of value in the natural aquifer, borehole, pump, and boating pond. The boating pond can be seen as one of the fundamental characteristics of the park's heritage and assumes additional significance in relation to Enfield Council's current initiative, supported by Historic England, to 'kick-start the rejuvenation of Broomfield Park by dismantling the derelict shell of Broomfield House, and reconnecting the park and House through memorialisation, interpretation and landscaping'.

The model boating pond is in a poor state and represents a blight on an otherwise improving and very popular centre of the park. When filled with rainwater and surface water runoff, rather than

fresh water from the natural aquifer, the pond draws in large amounts of debris, sediment and pollutants and quickly becomes overgrown with algae which presents a toxic threat. The pond has had no fresh water in it for many years following the failure of the existing 30-year-old borehole pump.



With the surrounding parkland, the circle of mature weeping willows, the



©Enfield Local Studies Library and Archive, c1907

Palmer's Greenery Community Café and the newly restored netball and tennis courts, the pond has the potential to be a major centre of attraction and amenity for a local park community and for those who can easily access it from across the borough. Until recent times it has had an active and popular model boating club for many years.

The Friends of Broomfield Park have been working over several years with Enfield Council on a project to restore the pond and its surrounds. This will involve re-establishing its essential fresh water supply from the existing borehole and ensuring free drainage with outflow controls to the lakes below along with restoring and waterproofing the concrete base and walls. We hope to be able to provide a new surrounding pathway, benches and other amenities.



The coronation day of George VI and his wife, Elizabeth, as King and Queen of the United Kingdom 1937, Broomfield Park



Cross-generational fun in 1970



2017 Photo competition, entry by Phil Mariutto

'We are delighted to support this project which will be a fantastic amenity for the park and local residents. We will continue to do all we can to help get the pond reinstated.'

Councillors Chris James and Doug Taylor
Palmer's Green Ward



Hazelwood Schools' new recycling project launches this Spring

Hazelwood Schools are very excited to announce that they have partnered with Astra Recycling to help raise money for the school. From April the school's community and local residents can get involved.



If you would like to help raise funds for Hazelwood School you can drop off your donations to the school office between 8:45am - 3:15pm (term time only).

The UK is the fourth largest producer of textile waste in Europe, according to a new study. Clothes can take up to 40 years to decompose. While some materials take longer to decompose than others, all have harmful effects for the environment and shoes can take up to 1,000 years to break down.

Did you know that 95% of textiles can be recycled?

Astra Recycling work closely with charities to reduce waste to landfill. In 2019/2020 Astra Recycling reused 500 tons of unwanted clothing.

When you recycle your good quality unwanted clothing it's possible they might go straight to a new owner without any alteration - this is where Astra Recycling come in, they recycle good quality textiles

by sending them to Eastern Europe to be loved again.

Here's to having a good clear out and supporting your local school.

You can donate:

Clothes, shoes, bed linen, accessories (such as belts, hats, gloves, scarves, handbags) as well as soft toys.

You cannot donate:

Duvets or cushions, off cuts, used underwear or socks, carpet or curtains.



Palmers Green Pottery, an artist run studio on your doorstep

Engaging in something creative allows your mind to attain a 'flow' state and does wonders for your body and soul. It enables you to switch off, be completely present and fully immersed in a task, allowing you to leave your worries behind and reset.

By doing this you are switching from the 'fight or flight' sympathetic nervous system to the parasympathetic nervous system allowing the body to clam and heal.



Claire Bevacqua is a ceramic artist who specialises in handbuilding. She loves the unpredictable serendipitous nature of clay. Claire studied Ceramics and Metalwork at University of the Arts London, Camberwell College of Arts and has been involved with teaching art and ceramics in the community since 2002.

Palmers Green Pottery is an artist run studio with a variety of courses, giving you the opportunity to try your hand on the potters wheel, model something in clay or just come for a play with family and friends. From five week courses, taster sessions, private tuition and kids clay club.



Contact info@clairebevacqua.com or [Palmers_Green_Pottery](#) on instagram.

'Great course with Claire - who supports everyone and inspires such an amazing range of creativity among all the students.'

Alison

'Claire was a wonderful teacher. Informative, super patient and always encouraging.'

Angela



Learn new skills with the support of a professional potter. Explore your creativity, unwind and develop ideas in a relaxed friendly environment. Suitable for all abilities whether you want to experiment or develop a project. Beautiful garden studio, small class sizes.

New five week courses for adults starting on Tuesday 18th April, plus Kids Clay Club and woodland workshop for ages 6-10 on Tuesday 4th April.

Contact Claire
info@clairebevacqua.com

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Rent Repayment Orders Landlords are you at risk? by Fariz Uvais

Fahri LLP
Law Firm

Fariz Uvais is a consultant solicitor at Fahri LLP based in Whetstone North London. With a modern and forward-thinking approach, their team of highly qualified legal experts are committed to giving you the very best advice and exceptional service. Please send your questions to Fariz by email: fariz@fahri LLP.com or visit www.fahri LLP.com

Rent Repayment Orders (RROs) are a legal mechanism in England that allows tenants to seek repayment of rent from their landlords in certain circumstances. One of these circumstances is where the landlord has committed a criminal offence, such as renting out a property that is not licensed, be it a selective licence or a house in multiple occupation (HMO) licence.

To apply for an RRO, tenants must make an application to the First-tier Tribunal (Property Chamber) within 12 months of the alleged offence. The tribunal will consider the evidence and may order the landlord to repay some or all of the

rent paid by the tenant during the period of the offence, up to a maximum of 12 months' rent.

It is important to note that not all breaches of the law or contract will result in an RRO, and that tenants must have acted lawfully themselves in order to be eligible for an RRO. Additionally, landlords can challenge RRO applications and may be required to pay the tenant's legal costs if the application is unsuccessful.

In a development that may provide some relief to certain landlords, recently the Supreme Court gave judgment in the

case of *Rakusen v Jepsen & Ors*, which concerned the issue of whether Rent Repayment Orders (RROs) could be made against a "superior landlord" in a chain of tenancies. The Supreme Court unanimously ruled that RROs could only be made against a tenant's immediate landlord, and not against a landlord higher up in a chain of tenancies, which will give comfort to those landlords higher up in the chain who do not have direct contracts with occupiers.

As always, the rules relevant to these applications are complex and professional advice should be obtained before any action is taken.

Disclaimer: The information provided in this article should not be construed as legal advice and the information is offered for information purposes only. You should always seek advice from an appropriately qualified solicitor on any specific legal enquiry.



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visit, kebleprep.co.uk or call 020 8360 3359

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of heart, honest hard work and true to oneself". It is with these values in mind that we will continue to value each pupil, nurture their talents and celebrate their achievements.

Perran Gill, Head said "This exciting change in our history will help the all-around development of our pupils and equip them for life both at Keble and beyond. I am excited to embark on the next chapter and journey ahead."



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School Foundation



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For Sale £1,000,000



Conway Road, Southgate N14

A chain free, well presented and extended four bedroom Edwardian semi-detached house boasting many original features located within the desirable Lakes Estate conservation area.



For Sale £850,000



Wentworth Gardens, Palmers Green N13

A beautifully presented and extended four bedroom 1930s built end of terrace house offering in the region of 1500sq ft of bright and airy living space over three floors.



For Sale £750,000



Palmerston Crescent, Palmers Green N13

A beautifully presented four bedroom semi-detached house boasting a wealth of period features with over 1700 sq ft of bright and spacious living space close to Palmers Green's shops, restaurants, Broomfield Park and mainline station into Moorgate.



For Sale £360,000



Montmorency Gardens, New Southgate N11

A well presented one double bedroom modern apartment with a private terrace located on the first floor of this 2020 built block forming part of the Montmorency Park Development.



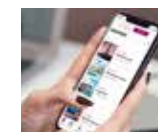
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Combining personal service with the best technology by Rebecca Berzins



In the 1990's the rise of the internet lead many to believe the human travel agent was a thing of the past. Yet 30+ years later the number of people consulting independent, trusted travel professionals, like me, shows no signs of slowing down.



When booking with Travel Counsellors clients enjoy the friendly, personalised service of a local travel agent, but yet still benefit from some of the best travel technology there is. All potential new, and existing clients, get the option to set up a free myTC account. This account – available as both an online platform and mobile app – is where travellers manage all their bookings and enquiries.

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myTC is also our secure payment portal, meaning every payment is protected and also allowing travellers to make payment at a time to suit, and pay off in increments up to the final balance due date to help with budgeting.

All travel documents can be found in myTC – no more searching through emails for booking confirmations, boarding passes and tickets – everything is in one place and forgoing paper as we move to be more sustainable. Plus with notifications switched on myTC will alert travellers of flight delays and go to gate notifications – often before they appear on the screens at the airport. Now that's some pretty awesome technology!

myTC shows a countdown to your trip – for me nothing beats the excitement of counting down to your next holiday. Plus

you'll also find my contact details there too. Because don't forget – despite all this award-winning technology a human who cares can still be found at the end of the phone to answer any questions. It's the ultimate example of having the best of both worlds – and there's not many times in life you get that!

I am passionate about making every element of your travel experience completely personal to you, whilst ensuring I am there for you every step of the way.

To get planning your next trip contact me, your local trusted Travel Counsellor in Palmers Green, on 0203 432 4720.

Follow my adventures on Instagram **@RebeccaBerzinsTC**

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REBECCA BERZINS

Travel Counsellor

0203 432 4720

rebecca.berzins@travelcounsellors.com

www.rebeccaberzins.com



With us...it's personal





Why learning Italian has never been easier by Laura Scaramella

If in the past learning a language could have been a daunting task, nowadays, new technology has made it really easy to learn online. Visit parlaitaliano.co.uk to find out more.



In Italy we are now in full Spring. The sun is warm, and the trees are bursting with buds and new flowers. Birds are nesting and all creatures, great and small, are out bathing in the sunshine. People have shed their winter clothing and are starting to enjoy an outdoor aperitif at the bar and relaxed walks in the countryside and in city centres.

This time of year is a good time to think about holidays, have you thought about yours? Where would you go? Is Italy on your list? If so, perhaps you wish to be able to get by in Italian, to be able to travel to Italy with more confidence and partake in the culture.

Hence, I am offering a free live Italian class on Zoom for complete beginners. There are only 8 places available. The class is on the 11th April on Zoom. If you or someone you know wishes to take this fun and interactive lesson, they can sign up on our website, parlaitaliano.co.uk.

This class is called: "The sound of Italian" and I have designed it to introduce Italian to people who have never studied it before, in a fun and interactive way.

At the end of the class you'll be able to have a simple, yet natural, dialogue in Italian. You will have had a taste of the sound of Italian and you will have spent a fun hour with like-minded people.

Here is what one student said about this free trial:

'My first taster of learning Italian on zoom with Laura was amazing. My mind was buzzing with excitement afterwards. I loved the way Laura's teaching techniques put me at ease. I cannot wait for the next lesson.' Bharti from Palmers Green.

Not a beginner? We also offer Italian classes at all levels, you can browse our courses on the website. Not sure of your level? Test your Italian:

parlaitaliano.co.uk

Happy learning! **Laura**

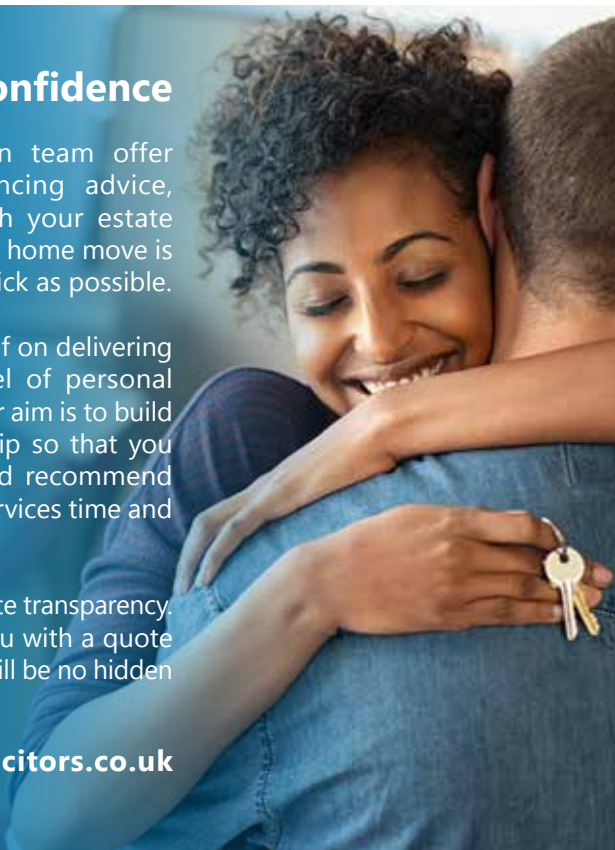
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What is Probate?

by Richard Dale, Legal Executive - Allan Jay Paine



I am writing on the subject of probate, by which we mean the process involved in confirming who can deal with succession to a deceased person's estate.

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Consideration of such matters, and getting ahead of them by planning the succession to your assets with a Will, and / or modifying how property is co-owned so as to limit the need of a Will, are things which many put off doing.

However, they would likely benefit, as would those they want to support, by investing some time and thought into ensuring that their plans come to fruition; that they are not derailed, for example, by an inheritance tax (IHT) bill that went unconsidered or co-owners of property succeeding to its ownership when the deceased had intended to gift their interest to others.

If someone has left a Will their executors, the persons they have appointed to see to the application of their Will, may need to obtain a Grant of Probate. This Grant amounts to confirmation of the validity of a Will and of the executor's authority to deal with the estate, e.g. so that banks and purchasers know they can deal with them, and correspondingly the executors have responsibility for the estate, a duty to pay all debts/taxes and ultimately to distribute the estate.

If there is no Will the deceased is said to have died intestate, and the intestacy rules then set out who can deal with the estate and benefit from it; normally the closest surviving family member(s). For instance, a spouse/civil partner would

be the first person entitled to seek the Grant but under the rules they may not necessarily be the only beneficiary.

If the deceased owned a house or flat in their sole name, or co-owned a property as a tenant-in-common (so that their share therein could pass under their Will or the intestacy rules) a Grant would be needed.

In the alternative, if the deceased co-owned property as a joint tenant (ignore the use of tenant here which does not mean what you would usually attribute to it) then the ownership of the property would pass automatically to the surviving owners; the succession would not be controlled by the deceased's Will or the intestacy rules.

It might also be necessary to obtain a Grant to deal with bank accounts and investments but what must be done will be specific to each organisation, as each of them applies their own rules; they might require sight of a Grant or they might accept use of what some call their 'small estates procedure'. As a rule of thumb, the larger the holding with the bank the more likely it is that they will want to see the Grant.

Obtaining a Grant requires an application to Court. Prior to making that application you need to confirm the assets held by the estate, both so that they can be secured and so that their value can be

checked; primarily so that it can be seen if IHT accounts must be delivered and IHT paid to HM Revenue & Customs, if, that is, the available exemptions and reliefs from IHT are not sufficient to avoid a tax bill. Alternatively, the IHT regulations were altered from the beginning of 2022 with the result that some estates where no tax bill arises no longer need to deliver an IHT Return.

Once the estate has been valued and the IHT position attended to, the Grant application follows. For simple estates involving a Will that application will be made online, for the rest it is still a paper process. As a result of 'modernisation' of the Courts the length of time it takes to get a Grant has been varying. At the time of writing, it is safer to assume it will take some 16 weeks from application to receipt of a Grant. It can be less and it can unfortunately be more.

Richard Dale is a Legal Executive at Allan Jay Paine Solicitors in Palmers Green. The firm specialises in conveyancing and property matters, as well as private client work, with an emphasis on personal customer service. Richard advises on Wills, succession planning, probate and the administration of estates.

Please send your questions to Richard by email: richard@allanjaypaine.co.uk



Disclaimer: The information provided in this article should not be construed as legal advice and the information is offered for information purposes only. You should always seek advice from an appropriately qualified solicitor on any specific legal enquiry.



Not everything that buzzes is a pest!

by Tanju Mustafa

Sparta Pest Control specialise in residential and commercial pest control contracts including private homes, rented accommodation, nurseries, care homes, restaurants, and warehouses. Contact **020 8886 8722** or **07493 447 709**. Visit spartapestcontrol.co.uk

Everything that buzzes around your garden is potentially a pollinator and the majority are not classed as a pest. These fascinating insects are incredibly useful; not just in the garden, but also in agriculture, with many crops dependent on pollination.

But some wasps and hornets can be a public health risk if they are in the wrong place. This handy guide helps you identify if your buzzing visitors are a pest and whether you should call in professional help.

Bees are generally not considered pests, as they are critical to maintaining healthy ecosystems and food production. During the months of May to July you may encounter a bee swarm. During a swarm, a large group of bees will leave their hive in search of a new location. If you encounter a swarm, it is best to keep a safe distance and avoid disturbing them.



Wasps are slender and have a more defined waist, with a smooth and shiny appearance. They are predators

and feed on other insects, spiders, and even nectar. While some wasps can be beneficial by controlling pest populations, others can be considered pests when they become aggressive.



Hornets are a type of wasp, but they are larger and more aggressive than most other wasp species. They have a painful sting and can become very defensive of their nests. Hornets can be considered pests when they build their nests in or around human structures and pose a threat to people.

Our expert pest control service includes:

- A report identifying the pests and a recommended treatment plan.
- A risk assessment identify risks and the hazards to people, pets, tenants, employees and customers.
- Safety advice and education regarding treatments plans.
- Recommendations to protect your property from further infestations.

Bees are typically robust and hairy, with a flattened hind leg modified for collecting and transporting pollen.



PALMERS GREEN
HIGH SCHOOL

It's never too late...

...to give your daughter the BEST education

Palmers Green High School is very proud to be the local all-girls school situated in the heart of Winchmore Hill.

At Palmers Green High School (PGHS), we know that girls do better in an all-girls environment. Research has shown that pupils in single-sex schools are more confident to participate in lessons, and more likely to reach their full potential. And for girls in particular, the benefits can be profound and last well beyond their school days.

A recent investigation into the effects of all-girls education found that alumnae demonstrated stronger academic skills, greater engagement with their studies, higher confidence in science and technology skills and stronger community involvement. Girls in same-sex schools have more opportunities to excel athletically and take on school leadership roles.

PGHS not only benefits from being

an all-girls school – the only all-girls through school in the area – but also from small class sizes throughout. In the Lower School (ages 4-11), there are a maximum of 24 pupils in a class and many specialist subjects such as Design & Technology are taught to half-class groups, ensuring far greater access to resources and adult attention. In the Senior School (ages 11-16), teaching groups are usually between 12-16 pupils, and often lower for the crucial GCSE years. The level of interaction between teachers and students is unparalleled.

Being a smaller School gives all children greater access to the many opportunities beyond the classroom, such as participating in a School musical production, sports team or chess tournament. Pupil voice is lauded and girls are expected to take on leadership

roles that would usually be reserved for Sixth Form pupils. Student Council offers all pupils the chance to suggest changes that they would like to see.



At PGHS, our three main points of entry to the School are Nursery, Reception and Year 7, although ad-hoc places may be available in other year groups. If you are as passionate as us about giving girls the best start in life, please come and visit us. We believe all girls should have access to small, nurturing classes that are academically vigorous.



For the achievers of tomorrow.

Palmers Green High School (PGHS) is a leading independent School which specialises in educating girls aged 3-16 years old. We help pupils develop a lifelong love of learning throughout our Nursery, Lower and Senior School. PGHS offers pupils an excellent academic education with access to superb specialist facilities, in an inspiring and nurturing environment.

We are excellent! How do we know?

- ✿ PGHS is ranked **Number One** in The Sunday Times National League Table for Independent Schools with no Sixth Form.
- ✿ PGHS was rated **EXCELLENT** by the Independent Schools Inspectorate 2022.
- ✿ **Outstanding** year-on-year GCSE results.

Main School Open Morning

We welcome you to join our Main School Open Morning on Saturday 17th June 2023. Please register online at www.pghs.co.uk/main-school-open-morning

If you are looking for a Reception or Year 7 September 2023 place, please contact us on 020 8886 1135 to book an individual tour and entrance assessment.



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HIGH SCHOOL

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Enfield Headteacher's big plans to transform Broomfield School

Adele Christofi's vision is for Broomfield School in Enfield to be the first choice school for local children. Adele plans to rename the school and introduce a new uniform as she says 'the kids are all lovely'.



"This school at times in its history has had a poor reputation within the community but I'm going to launch as a brand new school later this year," says Adele Christofi, Headteacher of Broomfield School in Enfield. She took over the headship in September 2022, and now wants to rebrand the school for the better from September 2023 including a new name and uniform.

"There has been a perception that children here have poor behaviour," Ms Christofi explains, "The perception is historic, but the conversations happen among families within the community. But, when I came to visit, I was greeted by children who were really lovely and really curious."

but I want to give a true reflection of what takes place here."



The headteacher, who grew up in Enfield, has already made some changes in her first term in the role. "I rewrote the behaviour policy which was based on schools rated outstanding in the last few years, who had previously required improvement but made rapid changes. We now have consistent expectations for uniform, punctuality, equipment and reading book checks. The building is calm, children are engaged in their lessons and learning.

Students at Broomfield are thoroughly involved in the improvement process. They have had the opportunity to compete in the 'Name your New School' competition. There are also student focus groups looking at the PE kit and uniform, creating mood boards and putting forward suggestions.



"So, I said I would launch it as a brand new school in September 2023. New headteacher, new school, and new expectations. That's the reason why we're doing it. I want to get the young people involved in the decision making, and for local families to want to send their children here," the headteacher added.

Ms Christofi says the national recruitment crisis, where schools are struggling to hire new teachers, and the Covid-19 pandemic 'has impacted children from different socio-economic backgrounds'. "We're working to improve exam results," Ms Christofi continued. "And the most recent Ofsted wasn't great,

Ms Christofi also has plans to offer new vocational options to make sure that we meet the needs of all of our students. This will run alongside the academic pathway, we're looking to include more options, like catering, business studies, health and beauty.

In the hopes of improving the school, the headteacher has invited parents in during the school day, to show them what it is like. She says "Some comments have been made, 'I didn't think it would be like this', or 'I didn't think I would like it but I did. It's a lovely working atmosphere'.

That's the narrative that needs to change in the local community.



Upcoming Open Mornings

Our Open Mornings are a great opportunity to tour the school and see it in action. You will also be able to meet the Head Teacher, staff and pupils.

Join us on :

- Thursday 27 April
- Thursday 25 May

Register online to attend, visit:
broomfield.enfield.sch.uk/coffeemorning

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I'm trekking 100km for CoppaFeel! by Kay Carpenter

Hello I'm Kay. I'm a 36-year-old Londoner living in Palmers Green. I have been a social worker for 16 years and I have two lovely and energetic boys. I was diagnosed with breast cancer in October 2021.



Being diagnosed with cancer in your 30s with two young kids to look after is a traumatic and difficult thing to navigate. No one expects to be diagnosed with cancer, you never think it will be you, but especially as a younger person. I went through almost a year of active treatment, and I am still dealing with the after-effects of this 18 months later. My physical and mental health has taken a battering and whilst I am cancer free now, I really do not wish this on anyone.

In June I will be trekking 100km of Hadrian's Wall over five days to raise money for CoppaFeel! They are on a mission to stamp out the late diagnosis of breast cancer by making sure that young people are regularly checking their boobs, pecs and chests and getting

to know their bodies in order to have the confidence to see their GP if something just doesn't feel normal.

I am privileged to be trekking to raise money for CoppaFeel! Who were part of the reason I found my cancer so early. To find out more about CoppaFeel! head to www.coppafeel.org.

GET CLUED UP ON THE SIGNS & SYMPTOMS

Breast cancer doesn't just show up as a lump so getting to know all the symptoms will help you detect anything suspect quickly. Remember that some of these changes might occur naturally with your cycle, if you have periods and can be perfectly normal.

- swelling of all or part of the breast
- skin irritation or dimpling
- breast pain
- nipple pain or the nipple turning inward
- redness, scaliness, or thickening of the nipple or breast skin
- a nipple discharge other than breast milk
- a lump in the underarm area

These changes can also be signs of less serious conditions, such as an infection or a cyst.

You can help me hit my £5,000 fundraising target by visiting my fundraising page www.justgiving.com/fundraising/Kay-whittlestone.

Landlords are you ready for the new EPC rules?

by Conor Shilling, Simply Business

Government plans to increase the minimum Energy Performance Certificate (EPC) rating for rental properties represent a fresh challenge for landlords. The government is planning to extend the Minimum Energy Efficiency Standards (MEES), but not all landlords are up to speed.

According to a survey of 800 landlords by buy-to-let lender Paragon, almost half of respondents (42 per cent) have no awareness of the proposed changes, while 28 per cent are aware but have a poor understanding of the details.

Draft proposals suggest that the minimum EPC requirement for rental properties could be increased to C for new tenancies in 2025 and existing tenancies in 2028.

The government has yet to respond to a 2020 consultation on improving energy efficiency in the rental sector, while a Private Members' Bill on the same subject was launched earlier this year but it hasn't made any progress through parliament.

Although it's not clear whether the changes to MEES will come into force, it's important for landlords to understand how they could be affected if the rules are tightened.

If the minimum EPC requirement is increased, many landlords will need to spend money on improvements such as installing insulation or solar panels.

Paragon's research identifies a shortfall between what landlords are willing to pay and how much the improvements will actually cost.

Over three quarters of those surveyed (77 per cent) said they'd be willing to spend up to £3,000 to bring each property they own to an EPC rating of C or above.

However, 78 per cent of landlords would need to spend more than £3,000 to improve the energy efficiency of their property. Paragon's report, The rental sector energy challenge, estimates that on average it costs £10,560 to upgrade a property to an EPC rating of C.



Of those landlords who'd need to make improvements to their properties, 33 per cent said they'd do the minimum and continue letting. Meanwhile, over a fifth (21 per cent) said they'd be more likely to stop letting or sell the property than make improvements.

With energy efficiency improvements set to cost landlords thousands of pounds, many will be thinking about how they could pay for them.

Paragon's study found that 60 per cent of landlords would use their savings. Other ways of funding improvements included:

- increasing tenants' rents (27 per cent)
- using government funding such as a grant (19 per cent)
- getting a loan or an advance from a mortgage lender (8 per cent)
- releasing equity from their property portfolio (7 per cent)

Even if landlords commit to improving the energy efficiency of their properties, it may not be possible for all homes to meet a minimum EPC rating of C.

Non-compliant landlords would have to stop letting their properties if the extension of MEES goes ahead.

According to Paragon, 13.5 per cent of homes had an EPC rating of A, B, or C in 2009 – rising to 38.3 per cent by 2019. However, analysis of English Housing Survey data by letting agent trade body Propertymark suggests that 40 per cent

of rental housing stock wouldn't reach a C rating by 2020.

This is based on the number of rental properties with an EPC rating of C increasing from 19 per cent to 39 per cent between 2012 and 2020.

Propertymark is calling on the government to scrap its one-size-fits-all approach to avoid losing properties from the rental sector if they can't reach a C rating, or if the improvements are too expensive.

It says various factors should be taken into account when a property's energy efficiency is assessed, including its age, size, and condition.

Timothy Douglas, Head of Policy and Campaigns at Propertymark, commented: "We knew it would be a huge challenge for the PRS to achieve the proposed 2028 target because the owners of rental properties will not directly benefit from lower energy bills, so where is their incentive? The data in the English Housing Survey shows just how far there is to go.

"[Letting] agents are already seeing rental properties disappearing from the market for various reasons and there is a real danger more could go with the EPC rating target hanging over them.

"Propertymark supports moves to improve the energy efficiency of property types and will continue to lobby for a national retrofit strategy with realistic, fair and achievable targets alongside dedicated, long-term grants that consider each property's individual characteristics."

If you are a local Landlord and would like some advice about the Government's plans contact Anthony Webb on **020 8882 7888**.



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Hedge Lane, Palmers Green N13

Newly decorated UNFURNISHED two double bedroom ground floor garden flat ideally located for Palmers Greens shops, restaurants, bus routes and mainline station into Moorgate. Southgate underground station is a short ride away via the W6 bus route.



To LET £1,700 pcm



Otium House, Fox Lane, Palmers Green N13

Brand new UNFURNISHED one double bedroom apartment located on the first floor of this new corner development within few minutes walk of Green Lanes shops, restaurants, bus routes and mainline station into Moorgate.



A thriving creative community by Palmers Green Action Team (PGAT)

Following the success of the Winter Market in December in the newly created Devonshire Square, the Palmers Green Action Team, supported by Philanthropy, are delighted to announce a Spring Market on Saturday 22 April 2023, 10am-4pm.

In December, we were overwhelmed by the interest from local creators, makers and musicians as well as the number of people who came along to shop, enjoy the food and listen to the music.

For the spring market, we have a whole new set of local artists, artisans and food producers as well as showcasing home-grown musical talent.

Our sponsor, Philanthropy, is a Community Interest Company second-hand shop which moved into the high street recently and is a great partner for the event, with their creative flair for transforming preloved clothes and other items.

Along with the spring market, we are partnering with Arbeit Studios. They have purchased a commercial space in Palmers Green, a building behind Jojo & Flo on the high street where they provide studio space for artists and makers. They will be hosting an exhibition of local artists

on the same day as the Spring Market to add to the creative vibes. Look out for more from Arbeit in the coming weeks who have successfully developed and supported artists, designers, makers, start-ups and small businesses across London for a number of years.

We look forward to seeing you on Saturday, 22 April, supporting not only the market and exhibition, but the other businesses along the high street.

As well as the market, there's lots more happening, with our volunteers beaver behind the scenes. We continue to lobby for a Cinema in Palmers Green. Our ambition is to have a thriving night-time economy. That's why we were delighted to see the Fox Pub reopen. It has been very well received by locals, with something for everyone, including sports, live music, and great food. We have heard anecdotally that local restaurants are already benefiting from the extra footfall. We all need to make

sure our local pub stays open for good this time, so do make use of it.

We are lucky in Palmers Green that we have a lower level of empty shops than many other areas and we have lots of independent traders who have been here for a long time. However, we keep our ear to the ground and are constantly targeting independent businesses to consider taking vacant shops in the area.

A big thank you to everyone who has supported our projects. We are powered by volunteers and are always so grateful for the time they give to supporting the community.

Look out for details of other activities coming up, including murals, litter picking and greening the area. You can find out more on our website palmersgreenactionteam.org and follow us on Instagram [@palmersgreenactionteam](https://www.instagram.com/palmersgreenactionteam) and Twitter [@pgactionteam](https://twitter.com/pgactionteam).

Adult day care services now available in Southgate and Winchmore Hill

Our Lemon Tree Day Care services provide an excellent opportunity for older adults to remain active, engaged and socially connected. They also help to support families looking after a loved one on a day-to-day basis.



Our Lemon Tree Day Care Services are a safe and fun way for older people to make friends, engage in stimulating activities and participate in enjoyable group events.

We offer half and full-day services and can accommodate guests at short notice with the additional benefit of early drop off, late collection as well as weekend and public holiday availability.

Our Day Care Services are based within our care homes and our professional team have over 30 years of experience in providing a broad spectrum of care and medication management for older adults, and those living with dementia, who need assistance or supervision during the day. This gives the family of our day guests the peace of mind that their loved one is being well looked after while they can deal with personal matters or relax.

Helping older adults to stay active and healthy can improve mental and physical health, both of which help to maintain their independence. Whilst in our care, guests can socialise and enjoy home-made, nutritious and healthy hot meals and snacks.

Day Care can also delay the need for short-term respite care or permanent residential placements, and can support caregivers in their critical role of looking after their loved one.

In the longer term, day care is also a great way for older people to become familiar



with the surroundings of a care home and can ease the transition of moving into a care home when and if the time is right.

We recognise the importance of offering local families a flexible approach to care - blending living at home with peace of mind knowing that their loved one receives the highest quality of care in a warm, friendly and safe environment.



Care is at the heart of what we do best and every member of our hand-selected team is chosen for his or her empathy and dedication to the profession.

Our day guests are invited to a free trial day where they can experience our services and our staff can assess their personal needs and interests to tailor our activities so that they are as engaging and relevant to the individual as possible. We also offer discounts for families who use

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our service on a regular basis, providing a cost-effective way of managing care costs.

Our care homes in Southgate and Winchmore Hill also offer full-time Nursing, Dementia and Residential Care. We are committed to delivering the highest quality care at every stage tailoring services to suit individual needs. If you are unsure about the level of care you require, contact our team for advice.

To find out more about our day care services please visit autumn-gardens.com, or contact our team to book your **free trial day** on **020 8344 2600**.

Reviews

"Their good knowledge of the local market and skillful marketing were impressive. Thanks to the team at Anthony Webb I was able to sell my property to a first-time buyer at an acceptable price despite ever-increasing interest rates. They were good at communicating and chasing for progress. I have no hesitation in recommending them and would use them again myself."

Julia, March 2023

"Couldn't recommend highly enough. We felt that Martin and Jack went the extra mile to sell our house which completed in December 2022. They were proactive, looked after our interests at all times and kept us up to date during every step of the process. They were also professional and gave good advice during the negotiations."

Sarah, January 2023

"We were really happy with all aspects of our sale with Anthony Webb. The team marketed our property brilliantly which meant that we were able to sell for over the asking price. The photographs and video for the brochure and websites were of a high quality. Our dealings with all the staff were good and we would like to thank Martin, Tony, Claudia, Jack and Sophie."

Emma, February 2023

"Anthony Webb estate agents are highly professional and they are clearly very experienced. We used them for our recent sale involving a long and complex chain. Tony was excellent! He was by far the most experienced and motivated of all the agents involved. He project managed the sale by speaking to those up and down the chain (Tony was very proactive - the other agents were reactive), and he liaised regularly with us all while being personable and efficient. We would happily recommend Anthony Webb for their overall professionalism, and the fact that they were realistic at every stage. An excellent service, we would definitely use them again."

Nasstassia, March 2023

"Very approachable and friendly staff who are generous with their time. Communicated everything we needed to know in a very clear and understandable way, which was greatly appreciated. I would highly recommend this long-established business."

Michael, February 2023

If you're thinking about moving, please contact us to see if we can help you.

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The Rachel receives a modern update!

by Kiri, Salon Director - To book call 020 8886 7070

Hello and welcome back, I hope everyone had a wonderful Easter and looking forward to the coronation of King Charles this May. In this article let's talk about haircut trends for 2023.



As we know in life, fashion always seems to circle around, and this is especially true with haircuts. This year we have seen the return of the Rachel cut - the Rachel 2.0, a variation on the 90's iconic haircut.

The Rachel 2.0

The year is 1995, high-waisted jeans and oversized shirts are all the rage, and Friends star Jennifer Aniston has just sported a brand new hairstyle which would go on to become iconic in the world of hairdressing. It was known as 'The Rachel' and was a clever combination of two haircuts - a classic grown out bob and a heavily layered shag cut with strong face

framing layers. The Rachel haircut is still a very popular salon request nearly 30 years later, just proving its impact. It is a look that is notoriously hard to style due its many flicks and layers, as well as its dependence on styling products for hold and volume.

Fast forward to 2023, The Rachel has received a modern update, and is now dubbed 'The Rachel 2.0'. Like the original, the 2.0 features the same heavily layered face frame, with shorter layers through the crown area to create volume. The back of the hair is now more heavily layered to add body and bounce and the overall length is now longer. The Rachel 2.0 is softer and lighter, lending to a more feathered look.

Products are still key to getting this style right, but unlike the original, we now have lighter volumizing products to give the hair memory rather than a strong hold, and new styling tools like hot brushes now provide an easier way to achieve this look.

In the next article we will have a look at hair colour trends for 2023. If you have any questions that need answering quickly, please email me at kc@fabhair.london and I will get back to you soon as I can. If you have enjoyed my article, let us know by following us on Instagram and liking us on Facebook. Visit our website at fabhair.london and click the Instagram and Facebook icon.



"Migraine headaches, I just live with it."

by Nicola Forward, your local Amatsu Practitioner

So said Amatsu client, Christina who contacted me about the pain in her right heel that was interfering with her running. Not only did her runs give her much needed relief after her stressful shifts as a mental health nurse, but she enjoyed the freedom of "getting out there."

As we discussed her health history her focus was the pain that stopped her running, but to my mind her most debilitating issue was her chronic headaches "maybe two or three a week" and her monthly migraines which could last "anything from twenty-four hours to three days," often accompanied by nausea and vomiting. She'd managed this pattern for over twenty years saying, "that's what it's like for a migraine sufferer, you just take the medication and find a dark, quiet room."

Migraine sufferers get to know their own triggers...certain foods, lack of sleep, dehydration or stress and anxiety. But underlying all of this can be physical imbalances anywhere in your body - bones, muscles, ligaments, internal organs - and because nothing in your body happens in isolation, anything can pull unevenly on

the bones and membranes of your cranium causing pressure and pain.

Amatsu is a whole body approach regardless of your presenting problem. Even a small restriction in a remote part of the body - in Christina's case her foot - can have far reaching effects anywhere in that same body. So with Christina lying fully clothed on my couch I made various assessments to identify the most effective place to gently realign her whole structure working from the tightness in her right foot all the way up through her spine and neck and finally balancing her cranial bones.

The headache she came with on her second session had gone by the time she left and after six weeks she realised that she hadn't had any migraines since we had begun working together.

Of course this wasn't the end of them, as she remarked, "life happens, but I am daring to imagine my future with fewer migraines and maybe eventually none at all!"



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Breaking down barriers to ADHD care

by Bambos Charalambous MP

Email: bambos.charalambous.mp@parliament.uk
Parliament: 020 7219 3460 Constituency Office: 020 8882 0088
472 Green Lanes, Palmers Green, London N13 5PA



Since my last article in January, readers will have seen the tragic scenes from the earthquakes in Turkey and Syria. In our community, many people have been personally impacted by this disaster and my thoughts are with all those who have been affected.

In Parliament, I joined other MPs in urging the UK to play its full part in the humanitarian response to the earthquakes. In northwest Syria, the humanitarian situation is particularly bleak after more than a decade of war. It is vital that we do not turn our back on the 4.1 million Syrians who were already living in catastrophic conditions before natural disaster struck.

Last month, we also had the Spring Budget, which came at a time when people in our community are struggling with the cost of living, and oil and gas giants are raking in record profits.

Recent polling from 38 Degrees found that 40% of people in our community haven't been able to afford to turn the heating on, while 26% have missed rent payments in the last six months. I believe the Chancellor's announcements

papered over the cracks, when he should have made the cost of living crisis the priority.

Another issue that I have been focused on recently is the challenges people across the UK face in accessing diagnosis and treatment for ADHD.

A reported one in 20 people in the UK have ADHD. But while awareness has increased in recent years, and more people – especially women – are openly talking about ADHD and seeking a diagnosis, there remain severe delays and barriers to diagnosis and treatment for ADHD in the UK today.

People are waiting years for a diagnosis, and the impact of these delays cannot be overstated. The long-term effects of untreated ADHD are well documented, and for children, delays in diagnosis have been clearly shown to be detrimental to development, including worsening educational, behavioural and psychological outcomes, and increasing the risks of poor mental health.

I have been contacted by parents who feel incredibly frustrated by the delays

in accessing a diagnosis. It means their children cannot receive an assessment in order to get the support they need at school because of the lack of diagnosis.

Although one in 20 people are believed to have ADHD, only 120,000 have had a formal diagnosis. More than a third of those diagnosed with ADHD had to visit their GP at least three times before being referred to a specialist.

I've been speaking out about this issue in Parliament since 2017. Six years on, ADHD remains significantly underdiagnosed and undertreated in the UK, at great cost to individuals, public services and the workforce.

I am urging the Government to work with the NHS and clinicians, councils and schools to improve ADHD assessments, end the long delays and waiting times, and support people and their families once a diagnosis has been given.

It is time for us to act so that we can break down the barriers to success that thousands across the country continue to face in their everyday lives.

Notice: Hazelwood School Street scheme is now operational

School Streets create safer spaces around schools by reducing vehicle movements near to the school gates. The School Street zone includes Hazelwood Lane between Lightcliffe Road and New River Crescent, Riverway between The Crest and Hazelwood Lane, and Kingsley Road. The School Street will be closed between 8.15am to 9.15am and 2.45pm to 3.45pm from Monday to Friday during term time. The zone is shown on the map.

The decision to introduce this School Street was made following a period of statutory consultation held in May 2022. The School Street will be enforced using Automatic Number Plate Recognition



(ANPR) cameras. If you drive into the zone during the hours of operation without an exemption you will be issued with a Penalty Charge Notice (PCN).

Some exemptions are available. Exempted vehicles are able to pass through the School Street zone at all times, including during the hours of operation. Exemptions are free and can now be applied for online. Exemptions include:

- Residents who live within and businesses who operate within the School Street zone
- Parents and carers of pupils of the school who are Blue Badge holders



Same Labour Council, same problems

by Councillor Elisa Morreale

Southgate Ward, Enfield
Email: Cllr.Elisa.Morreale@enfield.gov.uk



So, it has been almost a year since the local elections of 2022. The political party controlling the council did not change (Labour), and consequently neither has the service to the residents. In actual fact, it's getting worse. Residents are getting less of what they want and need and more of what they loathe.

The Budget passed by the Labour Party in February was a clear display that residents are not their priority. Residents will now pay even more but get even less. One example of this, is that the Labour Party voted to cut council tax support to the lowest income residents and those most vulnerable both in Southgate Ward (the ward I represent) but many other residents across the borough also (approx. 6,500 households). Not only did they withdraw support to the residents who need it the most, but they paraded such measures as 'savings' rather than they cuts they are!

The dreadful LTNs remain and it is the Labour Party's intention to roll out more. This Labour Council is still in denial about the damage they have done to our residents, businesses and community in Southgate, where they have implemented the Fox Lane LTN. Years after they were introduced, residents in Southgate still oppose the scheme but the Labour Council refuses to listen. The Conservative group will continue to speak out against this unhelpful, ineffective policy and scrutinise every decision this Labour Council makes.

The Enfield Labour administration can also not get a grip on waste management and keeping the borough clean which is extremely frustrating for us as opposition Councillors and residents. There have been instances where residents and Councillors have reported fly-tipped rubbish four times (over two weeks) before it was collected. It is absolutely

shameful - another example where residents just aren't getting value for money and remains a prominent issue in my ward, despite our constant reporting to the waste department and pushing for permanent solutions.

On a brighter note, Southgate tube station recently celebrated its 90th Birthday! I am very grateful to Southgate District Civic Voice, council officers and all others who organised such a wonderful celebration that brought the Southgate community together in good spirit. It was a great success.

Keep your eyes peeled as there are projects taking place in Southgate exploring how we can make better use of the space available and make it more inviting and community friendly!



15-minute cities, giving local people access to the essential services they need by Rob Aaron-Wilson

Liberal Democrat Parliamentary Spokesperson for Enfield Southgate
Email: rob@enfield-libdems.org.uk



Give me inconvenience, or give me death! Things like accessibility to shops, medical facilities, and schools are important considerations when we are looking for a place to live. Even when we go on holiday no Trip Advisor review I've ever seen states 'I really loved it's a lengthy drive from the beach and the nearest shop is an hour's drive away'. We value having convenient amenities close to our homes.

People are rightly concerned about the state of our high streets and the need for regeneration. And, if you are as old as I am, you actually grew up with pretty much anything you needed being local and on the high street. Out of town shops

existed and sometimes we went, but often we didn't need to.

Which makes the recent apparent opposition to 15 minutes cities even more confusing. This isn't an extrapolation of Low Traffic Neighbourhoods; I get there was an element of stick over carrot with them. If you like LTNs or not that's your choice but 15 minutes cities is all carrot. Are we really fighting for the right to have no other choice but to sit in traffic? With a 15-minute city you have the choice to go where you want, be it an out of town store or local.

If you have the concept of a 15-minute

city, you get local stores on the very high streets we want to succeed. We would get active travel and a vibrant local economy. But you aren't forcibly excluding people or preventing people from leaving, it's your choice. They are not a means of controlling the population or keeping you in your designated zone. It is not an international socialist concept to deny us our personal freedom, it's having the stuff you want nice and local. It just means you can use your car if you want to but you don't have to. It's difficult to see why local candidates are arguing against this unless they're trying to sow division and draw our attention away from other issues.



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To find out more about our care homes and day care services in Southgate and Winchmore Hill please visit autumn-gardens.com or contact our friendly team on 020 8344 2600.

